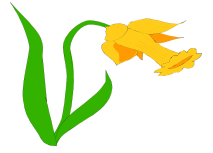


# The Senior Spirit

Newsletter of the Amherst Senior Center/Council on Aging



No. 2, Volume 35

April-May, 2006

April 1, 2006

## **AMHERST SENIOR CENTER COMMUNITY TAG SALE**

**Thurs., May 18th, 9-3 PM**

**Bang Community Center**

**Large Activity Room**

*Amherst Seniors are invited to  
reserve a table for \$10 and sell their own items (no  
food). This is an  
opportunity to clean out things you no longer need  
and make a little money to pay those raging fuel  
bills.*

*The Senior Center will also have a luncheonette  
and a table of white*

*elephants of its own (contributions  
welcome, but please NO JUNK!)*

*Contact Nancy for more info at 259-3114.*

## **AARP TAX AID AVAILABLE AT THE BANGS CENTER**

The last two Mondays of tax assistance for this year will be April 3rd and 10th. Appointments are at the Bangs Center from 9 AM to 12 PM. Call 259-3060 to make an appointment. Bring a copy of last year's tax return to expedite preparation. Also bring a copy of real estate taxes and water/sewer charges paid in 2005 if you qualify for the Massachusetts "Circuit Breaker" Tax Credit. Please wait outside room 101 for your appointment.



## **NEW PHONE NUMBERS & PHONE SYSTEM PHONE NUMBERS:**

**Senior Center Main Number 259-3060**

**Hostess Desk 259-2780**

**Lunch Room (Ferne Finger)**

*Meal Site Director 259-3164*

**Travel Desk (Grace Thayer) 259-2781**

**Marlene Barnett Program Coordin.** 259-3136

**Anita Chan-Randall Program Assist** 259-3270

**Karen Erman Management Assistant** 259-3159

**Nancy Pagano Director/Program Director for  
Group Activities** 259-3114

**Maura Plante Assistant Director/Program  
Director for Individual Services** 259-3213

**FAX 259-2413**

## **UNDERSTANDING ISLAM COURSE**

Amherst seniors have a wonderful opportunity to learn about Islam on April 27th, 2006. This workshop will be presented at the Islamic Society of Western Massachusetts at the mosque on Amostown Road in West Springfield.



Included in this workshop is a presentation titled "One God, Three Religions- Exploring the Commonalities", a tour of the mosque, as well as light refreshments. The van will leave Big Y parking lot at 12:30 and will return at 4:30. A maximum of 20 people can attend at \$7 each. Please call the Senior Center at 259-3060 to reserve a space. Call Marlene Barnett at 259-3136 if you would like more information about this intriguing workshop.

*You're invited...*

**"My Favorite Slides"**

**By Interpretive Naturalist,  
John Green, Jr.**

**Tuesday, April 4th, 1:30 PM**

John has studied and photographed nature subjects for over 35 years, in the U.S. and Canada. This show includes images photographed in southern Quebec, Parts of New England, South Florida and more.  
*No charge & no advance registration needed*



**Editors of THE SENIOR SPIRIT:**  
**Nancy Hirsh Pagano, Karen Erman**  
**259-3060; 259-2413 (FAX)**

**E-Mail [seniorcenter@amherstma.gov](mailto:seniorcenter@amherstma.gov)**  
**(Deadline for next issue is 5/8/06)**

## **COUNCIL ON AGING MEMBERS**

**Al Byam, Frank Lattuca, Elsie Fetterman, Doris  
Holden, Susan Whitbourne, Barbara Sutherland,  
Rosemary Kofler, Tom McAuley, Ed Kaler**



## THE AMHERST SENIOR CENTER Presents

### MUSICAL SHOWCASES

Fridays (as listed below) at 2 PM  
Bangs Community Center, Amherst



FREE ADMISSION — FREE REFRESHMENTS  
For more information call Marlene at 549-3136

**April 7th, 2006**

Shawn Vernon will sing Emily Dickinson and other poets' poems set to music and Sweet Sound will play popular and classical music selections

**April 21st, 2006**

Informal Dance Concert by the GCC Dance Department and "to be announced"

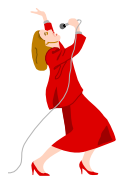


**May 5th, 2006**

Lloyd Craighill's Three Musical Settings for Emily Dickinson performed by: Violinist Linda Greenebaum and Tenor Vocalist Jim Mead

**May 19th, 2006**

Elca Maranzana, Berkshire Hills Music Academy student sings arias, folk music and operatic pieces and Songwriter and Guitarist John Sheldon plays original and popular music



#### **Amherst Senior Center Staff**

Nancy Hirsh Pagano, Director/Program Director  
Maura Plante, Program Director/Social Worker  
Karen Erman, Administrative Assistant  
Ferne Finger, Amherst Lunch Site Director  
Marlene Barnett, Program Coordinator  
Anita Chan-Randall, Program Assistant

The Senior Spirit is published bi-monthly  
by the Amherst Senior Trust  
70 Boltwood Walk  
Amherst MA 01002

The subscription price is \$10 yearly, although Amherst residents 59+ are entitled to receive it at no charge.

**Deadline for the next Spirit is May 10, 2006.**

## THE FITNESS PAGE

**NATIONAL SENIOR HEALTH AND FITNESS DAY IS MAY 31st, 2006**

We congratulate seniors who have stayed active over the winter months and want to encourage any folks who have been waiting for spring to re-connect to their physical, mental and emotional health. As always, talk with your doctor before beginning any new exercise program. The activities on this page can help you increase your muscle strength and flexibility. This spring we hope you'll be inspired to try something new!



**NATIONAL SENIOR HEALTH AND FITNESS DAY ON MAY 31ST** will be celebrated at the Amherst Senior Center with a variety of activities including a HEALTH TALK and a RAFFLE. Yoga Teacher Susan Roitman will talk about ways seniors can stay strong, flexible and well-nourished from 1-2 PM at the Amherst Senior Center May 31st. A variety of items, books, etc. which support fitness will be raffled off on May 31<sup>st</sup> at the end of Susan Roitman's seminar. For the month of May you will be entered into the raffle if you attend any of the fitness classes held at the Senior Center. Winners need not be present to win.

**THE SENIOR WALKING CLUB** meets Thursdays at 9 AM in front of the ticket booth of the Cinemark Theaters at the Hampshire Mall through April 13th, 2006. Seniors may also take a PVTA bus for \$1 from the bus stop in front of the Kellogg Avenue Post Office to the Hampshire Mall. Call 413-586-4806 to confirm the PVTA bus schedule ahead of time. If anyone is interested in becoming a Walking Club Leader, a Keep Moving Leader-Training event will happen on April 19th from 9:30 to 1:45 PM in Turners Falls. Please see Marlene for more information. **Beginning April 20th**, the Walking Club will meet in the Senior Center at the Bangs at 9 AM to walk in the downtown area.

**A GOVERNOR'S KEEP MOVING WALK** will take place from 10:30 AM to 1 PM on Thursday, May 25th, at Look Park. Those interested in attending should call Marlene so that we can plan for car-pooling and a 9:45 AM departure time. Participants should also bring a brown bag picnic lunch. Call Marlene at the Senior Center, 259-3136, for additional information about any of these events.

**KEEP FIT CLASSES WITH MARCIA FEINSTEIN—Aerobic Exercise Set to Music**

Classes are held at St. Brigid's Parish Center. Classes are held Mondays from 10:30-11:30 AM, and Tuesdays and Fridays from 9:30-10:30 AM. Classes are \$3 each, and the site is St. Brigid's Parish Center on Prospect Street. New-comers can join the fun at any time. The last class this spring will be June 23rd.

**TAI CHI—Mondays 3-4 PM**

Bailing Li's weekly **TAI CHI** classes are held Mondays from 3-4 PM at the Bangs Center. The charge is \$6 per session, and students are asked to pay \$60 for the 10-week series at the first class or the prorated amount for whatever number of classes are left in the series, if joining after the first session. Beginners and advanced students may join at any class (the current class ends April 24th and please note there is no class on 4/3.) A new series begins on May 1st.

**GENTLE FITNESS CLASSES—Mondays, Wednesdays + Fridays, 11-11:30 AM**

**Gentle fitness classes** continue Mondays, Wednesdays and Fridays from 11-11:30 AM at the Bangs Center. Dona Motts is the instructor for most of the year. All exercises are done in a standing or sitting position and are set to music. There is no fee; participants donate what they can afford.

**STRENGTH CONDITIONING—Tuesdays, 9:30-10:30 AM + Fridays, 8:30-9:30 AM for six weeks** These exciting classes offer resistive weight training, with or without the use of hand weights. Students begin with a 3-5 minute aerobic warm-up following a stretch segment. The strength conditioning phase will consist of a variety of exercises working each muscle group, to build and strengthen the muscles. Hand held weights are optional; dumbbells are preferred. This class will enhance your ability to lift and carry objects and to perform other daily activities. The use of hand weights will also increase your metabolism, so your body will be burning more calories.

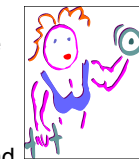
**A new six-week session begins April 25th. Classes are Tuesday mornings from 9:30-10:30 AM and Friday mornings from 8:30-9:30 AM. NEWCOMERS ARE WELCOME TO JOIN THE ONGOING CLASS ANYTIME.** The cost is \$54 for six weeks, payable to the instructor, Marie Boisvert. The Senior Center provides mats for stretching and ankle weights for people to share, if needed. Participants should buy their own dumbbells.

**FOLKDANCING**

Exercise your mind as well as your body with INTERNATIONAL FOLKDANCING. Folk dancing is a gentle, weight-bearing activity that engages your brain as well. Best of all, it's FUN! If you can walk, you can do these dances. All dances are taught. The folkdance group meets Tuesdays, 1-2 PM in the Bangs Center Large Activity Room. Newcomers can join at any time, and there is no fee.

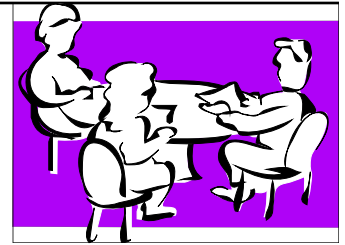
**YOGA FOR ARTHRITIS SUFFERERS**

Back by popular demand! Once again, Susan Roitman is teaching this great class! These special exercises will increase circulation, improve range of motion, and strengthen your muscles to give more support to your joints. New students can join at any class; the price is prorated. **Classes meet Wednesdays, 9:30-10:45 AM. Cost: \$30 for six weeks. A new class started on March 29th and goes through May 10th (no class 4/19). Please register in advance by calling the Sr. Ctr. at 259-3060. The next class starts May 17th.**



## New Options Group Calendar

*We explore the pros and cons of a wide variety of research findings, concepts, practices, and ideas for more integrally conscious, healthful, wise, mutually empathetic living, aging, dying, and thereafter as they newly emerge from scientific, humanistic, and spiritual communities worldwide.*



**April 5 – *Crash*.** This epic thriller, now Oscar winner for best picture, tracks the volatile intersection of a multiethnic cast of characters struggling to overcome their fears as they careen in and out of each other's lives. In the gray area between black and white, victim and aggressor, during the next 36 hours they will all collide, some realizing personal transformation. *Note:* Due to the length of the DVD (2 hrs.) to provide time for discussion this will be a three-hour meeting. Bring munchies, if you wish.

**April 12 – *Living With Uncertainty*.** Our guest, Alison Wohler, observes, "Our world seems divided between those who need certainty and absolutes in their lives and those who are quite comfortable living with the uncertainty reinforced by both science and liberal religious thinking." Formerly a biologist, Rev. Wohler is a second generation member of the Institute of Noetic Sciences (IONS) and popular minister at the Unitarian Universalist Society of Amherst.

**April 19 – *The Next Frontier*.** Fasten your seatbelts, says Ray Kurzweil one of the world's leading futurists. We are headed toward a transformation unlike anything we have ever experienced – and we are only beginning to understand the implications.

**April 26 – *The Winning Edge*.** In this article, science writer Peter Dinkosky says we're primed to think that talent is the key to success. But what counts even more is a fusion of passion and perseverance. In a world of instant gratification, grit may yield the biggest payoff of all.

**May 3- *Inner Vision – Visualizing Super Health*.** In this video, Bernie Siegel, M.D., illustrates the many uses and varied practice of visualization, from fighting cancer to improving reading skills. The video includes the work of Dr. Jerry Jampolsky and Dr. Norman Shealy.

**May10 – *Faith-Based Space*.** Some of the world's leading cosmologists believe they will solve the biggest mysteries of the universe with the laws of physics and the lens of the telescope. Others cast their eyes to the heavens and cite God as an explanation for what we cannot prove or understand. All of them agree: The truths of life will reveal themselves – if only we're observant.

**May 17 – *Bioenergetics: A New Science of Healing*.** "The future of medicine is being determined by our understanding of subtle energy and its movement in the physical body," writes Ken Smith, communications director for the Institute of Therapeutic Discovery. We will also discuss criteria for selecting a bio-energy therapist.

**May 24- *Biology of Belief: Unleashing the Power of Consciousness*.** Dr. Bruce Lipton's workshop at the 2005 IONS conference created such a positive response IONS decided to offer the entire program to us at [shiftinaction.com](http://shiftinaction.com). In our meeting today we will listen to an audio copy of the first segment in which he lays out the scientific background for his groundbreaking work in a clear, intelligent, and humorous way.

**May 31 – *A Co-creative Self-Management Development System: Ten-Step Affirmational Process*.** Knowing the power of affirmation-based learning scripts from long experience in facilitating executive development in large companies, and later in facilitating rehabilitation of brain injured and psychiatric patients, I (Bob Johnston) have developed a ten-step affirmational process for co-creative self-managing for facilitating my own lifelong development which I will share with you.

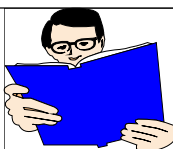
*Coordinated by Bob Johnston, meetings are on Wednesdays, 2:00 to 4:00 PM in the Bangs Community Center, Room 101. While our discussions are limited to twenty people, visitors may sit on the periphery and listen. Should you have any questions please feel free to contact Bob at 665-8920, or you may Email him at: [omnimind@admin.umass.edu](mailto:omnimind@admin.umass.edu).*



## LITERATURE CLASSES

**SHORT STORIES WITH BOB GOAR**

Bob Goar continues his short story readings in the Bangs Center's South Meeting Room #101. Readings begin at 2 PM, and last until approximately 3:30 PM weekly on Mondays. Stories to be read starting April 3rd through May 8th are:



1. S. Maugham, "The Door of Opportunity"
2. Lampedusa, "Ligheia" (or "the Siren")
3. F. Scott Fitzgerald, "The Diamond as Big as the Ritz"
4. Willa Cather, "A Death in the Desert"
5. Charlotte Perkins Gilman, "The Yellow Wallpaper"

Registration in advance is helpful so enough chairs are set up. There is no fee.

**WALKING WITH GHOSTS—A Jewish Childhood in Wartime Vienna**

Amherst author Elizabeth Welt Trahan will discuss her auto-biographical memoir, now in its second printing, in a special seminar planned for **Tuesday, May 16th, at 1:30 PM at the Bangs Center.**

"During a walk to town, Ms. Trahan allows the memories of her childhood to surface after more than a half century—first in short, disconnected snippets but then more and more insistently, until she is pulled back into the nightmarish world of Hitler's Vienna where, being Jewish, she barely survived. But this is also the story of the maturing process of a young girl during those shattering times. Despite an aloof and insensitive father, a circle of friends that is continually decimated by deportations, and the abrupt ending of a timid first love relationship, she is able to draw strength from the trivial and small pleasures of daily living."

*Elizabeth Welt Trahan was born in Berlin, Germany, in 1924, lived in Moravska Ostrava, Czechoslovakia, from 1929 to 1939, and in Vienna until her departure for the U.S. in 1947. With degrees from Sarah Lawrence, Cornell, and Yale, she taught at the universities of Massachusetts and Pittsburgh, the Monterey Institute of International Studies &, until 1993, Amherst College.*

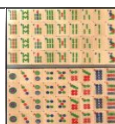
## SOCIAL PROGRAMS

**BRIDGE PLAYERS..**

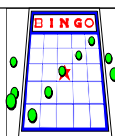
**WE NEED YOU.** Come and enjoy an afternoon of playing bridge with friendly, fun-loving people. We start at 12:30 PM on Wednesdays in the Ethel Moore Gallery at the Bangs Community Center. **See you here!**

**BEGINNING CHINESE MAHJONGG**

Chinese Mahjongg games are held Tuesdays, from 12:30-2:30 PM. All are invited to come join the fun any week.

**GROCERY BINGO**

**BANGS COMMUNITY CENTER., RM 101**  
 Monday, April 3rd, 1-2 PM  
 Monday, May 1st, 1-2 PM  
*No charge. Refreshments will be served.*



## ARTS AND CRAFTS

**INTERMEDIATE WATERCOLOR**

**CLASSES— 10 Wednesdays, 9-11:30 AM, beginning April 5th, 2006**

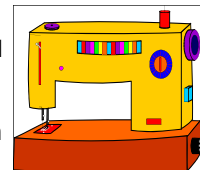
On Wednesdays, from 9-11:30 AM, Joanna Hudgens leads a joyful and low-key painting class. Come. Learn how to bring watercolor to life...focusing on mixing colors, brush strokes, light and shadow. Joanna may set up a still-life for all to re-create, or you can bring your own work in progress. Enjoy the camaraderie of this happy group. The cost is \$48 for the series. This class is limited to 15 students, and there must be a minimum of eight registered. Please sign up in advance for this class.

**PAINT FOR FUN PAINTING WORKSHOP**

Did you know that every Thursday from 9-12 noon there is a group of oil and watercolor painters who come together to just paint and socialize? This is a self-help, free program with no advance reservations needed. Bring your work in progress and enjoy good company. Refreshments are served. Everyone contributes a bit to the treats!

**DO YOU LIKE HANDCRAFTS?**

The Amherst Senior Center has a wonderful weekly craft workshop held at 9 AM Fridays here at the Bangs Community Center. Participants bring all kinds of projects of their own choosing and work on them in a pleasant and welcoming atmosphere. Newcomers are always welcome to join. Participants sometimes make items to sell in the Senior Center's craft case to make money for worthy causes. Some craft materials like yarn or fabric have been donated by folks in the community, and these are free to anyone interested. Help is available with mending.



Most importantly, this is a welcoming group and a place to make new friends. Snacks are available! We hope to see you! **YOU** there! Come see our new craft case in the Senior Center lounge!!

## COMPUTER NOTES

**BEGINNING MS WORD**

Carl Brose will teach a free five-week beginning MS Word class on Thursdays from 10-11 AM starting 4/13. "Individuals will find the class most useful if they have had an introduction to the computer. It is asked that they be sufficiently savvy to start the computer, bring up a program, and be able to type at a reasonable rate (not necessarily fast or touch typing, but not a painfully slow hunt and peck.) It is also helpful if they can use an e-mail program. This class is not for Apple Computer users." —Carl

**DID YOU KNOW ?**

There is a free high speed computer lab at the Senior Center. There is also wireless capability in the area in and around the Bangs Center. A schedule of availability is posted in the lab.

**FREE COMPUTER LAB HOUR ASSISTANCE**

Victoria Sehgal, an Amherst College student, is available in the Sr. Ctr. computer lab on Fridays from 1:15-3 PM if you need help or guidance with your computer work. She has taught computer classes in multiple Senior Centers in NYC. She also speaks some Spanish and is fluent in French.

## FOR YOUR HEALTH

Amherst Senior Center's  
NURSING CENTER UPDATEBy Cheryl D. Smith, RN, MSN, CS-FNP,  
Director

Hours: Wednesdays and Thursdays, 9:30-12 + 1-2:30 PM. Wednesdays, either by appointment or as a walk-in. Both are welcome. **Thursdays are by appointment only.** For appointments or more information, please call Cheryl at (413)-261-4237, or leave a message at the Senior Center. Specify that you would like to have the message left in the blue Nursing Center folder.

**HEALTH CARE SERVICES**

In fulfilling our mission to **help seniors help themselves stay healthy**, the following services are offered to Amherst area Seniors:

- **Screening & Monitoring Symptoms of Health Problems:** We take blood pressure, test blood sugar and urine, and take weight measurements, etc. We seek to detect new problems or monitor ongoing health conditions:
- **First aid for minor trauma**
- **Assessing Effects of Meds. & Treatments**
- **Education** re: meds, diet, health conditions/ concerns, better health care, etc. We can help you identify and possibly change risk factors for developing health problems such as high blood pressure, heart disease, stroke, diabetes, etc. and
- **Assistance with Health Care Referrals** to and from other health care providers.

**Senior Nursing Center on the Move**

Spring is here and changes are afoot. The Senior Nursing Center is planning a move. In mid to late April, the center will be moving upstairs to the Health Department on the second floor of the Bangs Center. Nursing services will remain the same, with an expanded waiting area and easy access by elevator.

If you have questions, please contact Julie Federman RN in the Health Department at 259-3161

## HEALTH SEMINAR

**HOARDING AND TOO MUCH CLUTTER**

Is your home cluttered? Are you or someone you care about overwhelmed by the objects and papers in your life? Do you have difficulty throwing things away? You are not alone, come learn more about this issue at the Bangs Center.

The Senior Center and the Health Department invite you to a presentation on the hidden problem of hoarding. This program will be presented on **Tuesday, April 25<sup>th</sup> from 10:30-12 noon**, in room 101, on the first floor of the Bangs' Community Center. Questions?? Call Julie Federman RN at the Health Dept. #259-3077.



## COMMUNITY NOTICES

**Five College Learning In Retirement Invites the Community to their "Meet the Moderators" Reception May 12<sup>th</sup>**

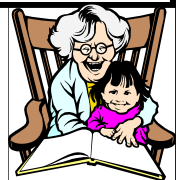
Residents of Amherst are invited and encouraged to attend Five College Learning in Retirement's (5CLIR) "Meet the Moderators" meeting at the Amherst College Alumni House (75 Spring St.) on Friday, May 12, 2006 from 2 to 4 p.m. Moderators of the Fall 2006 seminars and workshops will be available to answer questions as will catalogs of the Fall 2006 offerings and membership application forms. Light refreshments will be available. Come and explore another lifelong learning opportunity in the Amherst area. If you plan on attending, please call the 5CLIR office at 585-3756 or send an email to: [5clir@email.smith.edu](mailto:5clir@email.smith.edu).

5CLIR has been providing a broad range of learning opportunities to retirees in the Valley since 1989. Currently, there are over 240 members participating in peer led seminars and workshops, the core of the 5CLIR program. The seminars – on a variety of topics from history and literature to science and the arts - typically run for 10 weeks in the fall and spring with one two hour meeting per week. Peer seminars are conceived and planned by members, with each of the 10 to 16 participants making a presentation on a topic of their choice to the rest of the seminar. 5CLIR also offers other events many of which are open to the public, including the Foreign Policy Association's Great Decisions program in late March and April (fee required). Occasionally, there are other free public events, such as the recent series, "Slavery and its Legacy". Information can be found by calling the office at 585-3756 or by visiting the website: [www.5clir.org](http://www.5clir.org). 5CLIR is supported by membership fees (assistance available).

**VOLUNTEERS NEEDED TO PLAY WITH CHILDREN AT THE AMHERST FAMILY CENTER**

Do you like to hold babies? Do you like to play with children in the sand box or read books?

The Amherst Family Center is seeking volunteers to interact with young children while their parents are attending workshops in the next room. Volunteers are needed from 9:30-12:30 PM on Wednesday, Thursday, and especially Friday. Please contact Sue at 256-1145 or email her at [sekelly487@comcast.net](mailto:sekelly487@comcast.net).



Balance...we all strive for it.

Time...where do we find it?

Relaxation...we all welcome it.

Lisa Montori of Montori & Company specializes in giving her clients balance, time and relaxation. Her services include, but are not exclusive to: meal planning, grocery shopping, preparation of meals (to last for days), transportation, running errands, pet care, organizing closets, cupboards and rooms.

As a graduate of Simon's Rock College of Bard, The Culinary Institute of America, and University Without Walls at UMass, Lisa brings over twenty-five years of learning and professional experience to her patrons. Owning a restaurant and catering business reinforced her planning and organizational skills and honed her culinary expertise as a certified chef. She now offers her personalized assistance to the private sector.

**Contact Lisa Montori of Montori & Montori Company at 413-582-6982 or by email at [lisamontori@comcast.net](mailto:lisamontori@comcast.net)**

## FOR YOUR INFORMATION

**TREEHOUSE AT EASTHAMPTON MEADOWS OFFERS OPPORTUNITIES FOR SENIORS**

A wonderful new program offering affordable housing for seniors in a beautiful location is being created in nearby Easthampton. Treehouse at Easthampton Meadows is now welcoming applicants for the 48 senior and 12 family apartment homes that will be affordable to a range of seniors and families, including lower and moderate income households. Open houses are now being held and provide a preview of completed senior and family homes to interested community members. Open house dates will be sent to Councils on Aging and will be advertised in local papers. COA groups will be welcome to come and have a tour and learn more about living in the Treehouse community.

At Treehouse, seniors will enjoy living in a comfortable community that offers benefits of living in your own apartment home while also enjoying a range of community activities and opportunities for enrichment. Seniors will be a central part of the special connections that develop at Treehouse, and enjoy contributing their interests and talents in a variety of ways.

Any one interested in learning more about housing opportunities at Treehouse is invited to call Lori Kitchen at (413) 527-0836. **A special seminar about Treehouse is planned at the Amherst Senior Center on April 6th, at 1 PM.**

**NEW AGING STUDY TO BE CONDUCTED AT UMASS AMHERST**

Mark Weinberger, M.S., a third-year clinical psychology graduate student and his co-investigators, Drs. Rebecca Ready and Susan Krauss Whitbourne, will investigate how depressive symptoms can affect memory and the recall of autobiographical events in younger and older individuals. Weinberger stated, "Given that a great deal of older adults experience mild to moderate depression in our country, research aimed to better understand its cognitive and social effects is greatly needed." Furthermore, this research will allow for greater understanding of basic memory processes in aging, as well as the impact of these changes for one's identity.

Individuals aged 65 years old and over may be eligible to participate in the research. Old adults who are experiencing mild to moderate symptoms of depression may be eligible, as well as persons who are free from depressive symptoms. Participation in this study would require a one time visit to the UMass Amherst campus for approximately an hour and a half and you will be reimbursed \$15 for your time. This study is funded by a UMass College of Social and Behavioral Sciences faculty grant.

For information, please contact Mark Weinberger at the University of Massachusetts at 413-577-1167.

**MASSACHUSETTS SENIOR GAMES**

Seniors (age 50 and over—this may mean you!) from across Massachusetts participate in Mass. Senior Games every June at Springfield College.

There are over 20 sporting events where seniors can participate in their own five year age division. Every other year, athletes who "qualify" (the top two spots in their age group) are eligible to participate in the National Games. Those who qualify in Massachusetts in June 2006 will be eligible to participate in the next nationals, which will be in Louisville, Kentucky in 2007. Please contact Roz Clark at the East Longmeadow Council on Aging for further information (413-525-5439) regarding the MA Senior Games.



## SALT COUNCIL

**NEWS FROM THE AMHERST S.A.L.T. COUNCIL:**

Seniors and Law Enforcement Together (S.A.L.T.) Council members work with the Police, Fire and Sheriff's Departments on projects that increase the safety and the well-being of our older residents.

**WOULD YOU LIKE TO BE A MEMBER?**

Meetings are held the second Tuesday of every month at 10 AM at the Amherst Police Department. New members are always welcome to join. Call Bob Joy at 253-7059 for more information about S.A.L.T. Council programs or membership.

**IN SAFE HANDS****What is In Safe Hands?: In Safe Hands**

is designed to assist law enforcement to identify your loved one should they become lost. A photograph and a detailed registration form, with identifying information, will be kept by your local law enforcement agency. All information is kept confidential. ***In Safe Hands*** can help you or your loved one have greater peace of mind. Anyone who resides in Hampshire and Franklin County is invited to attend.

**When is the Registration?:** Registration for the ***In Safe Hands*** program will take place on **Thursday, April 13, 2006**, at the **Amherst Police Department**, from **11:00 a.m. to 6:00 p.m.**, in the **Community Room**. There will be **free parking in front of the Police Department**. **Pre-registration is not required.**

**Who should attend?:** Individuals who should be considered for ***In Safe Hands*** include those who have been diagnosed with Alzheimer's Disease or a related memory disorder, diabetes, autism or any other medical condition that may cause disorientation or forgetfulness and place them at risk for wandering or becoming lost. Anyone, regardless of age, can enroll in the ***In Safe Hands*** program.

**All information will be kept confidential by your local law enforcement agency.**

**What should you bring?:** Anyone who wishes to enroll in the ***In Safe Hands*** program must be accompanied by a family member or caregiver. Information that will be requested will include: date of birth, list of medications, name of physician/physicians, emergency contact, vehicle description and other demographic information that will aid in the search for your loved one.

**For further information:** You can contact **Chris Geffin**, at the Northwestern District Attorney's Office, 413-586-9225, **Captain Tim Sullivan**, at the Amherst Police Department, 413-259-3128 or **TRIAD Officer Evelyn Ross**, at the Hampshire Sheriff's Office, 413-584-5911 x 210.



## SENIOR CENTER WELLNESS CLINICS HELD AT THE BANGS COMMUNITY CENTER

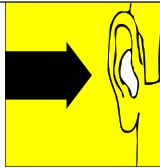
EAR IRRIGATION CLINICS

With Sharon Beaulieu

The Senior Center offers monthly ear irrigation clinics with Sharon Beaulieu. Each appointment is 45 minutes long and may be scheduled for two sessions. Patients need to use Debrox Wax Softening drops at home two days prior to their appointment for hardened wax problems. The cost is \$20 total for the entire treatment.

Dealing with ear wax is a continual problem for many people, particularly seniors, and we have had several requests to offer this particular clinic.

Upcoming clinics are **Thursdays, April 13th, and May 11th, from 9 AM-12 PM**. Please call the Senior Center at 259-3060 to schedule an appointment.

HEARING AID REPAIR CLINICS

Courtesy of the Avada Hearing Care Center, hearing aid repair service is available regularly at the Bangs Community Center. Walter Nowak, a Hearing

Instrument Specialist, provides hearing aid repair clinics and hearing screening twice a month at the Senior Center. He will be available **Wednesday, April 5th & Tuesday, April 18th, and Wednesdays, May 3rd & 17th, from 12-4 PM**.

The following services will be provided at no cost:

- Hearing screenings for those who think they may have a hearing loss and would like to know if it's wax or an actual hearing loss. This will include an otoscopic examination;
- Hearing aid cleaning and service for current hearing aid users; and
- Testing for hearing aid performance.

If there is an internal problem with the hearing aid, Walter will assist you with returning it to the factory for repair. *There will be a factory charge for all aids that need to be repaired at the factory unless the aid is still under factory warranty.*

Please call the Senior Center at 259-3060, if you wish to make an appointment, or, if you wish information on hearing health, call 1-800-247-5666.

**How is your hearing affecting your life? Do you have to ask people to repeat what they say? Are you confident in what you hear? See Walter for a free screening!!**

MASSAGE CLINICS AT BANGS

Licensed Massage Therapist, Talya Solomon, is scheduling head and neck and full body massages at the Bangs Center by appointment. Her charges are reduced for seniors and are \$30 for one hour and \$15 for a half hour. **Clinics are held Tuesdays from 9 AM-3 PM**. Call Talya to make your appointment at 256-8225. Home visits are also available. *Scholarship help is available upon request.*

SENIOR FOOT CARE:CALL FOR AN APPOINTMENT

We have two registered nurses who staff our **Friday** clinics—Debra Sullivan and Sharon Beaulieu.

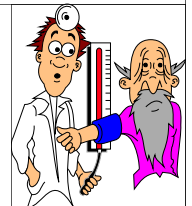
Debra Sullivan, a professional foot care nurse who lives in Huntington, handles the 1st and 2nd Fridays of the month and Sharon handles the remaining Fridays. Sharon's clinics are from 9-1:30 PM. Deb's are 9-3 PM. For an appointment call 259-3060.

Foot care includes nail clipping, callous removal, therapeutic foot massage and hygienic foot bath. The fee is \$25. Scholarships are available.

Our foot care nurses are willing to do home visits for foot care, if that is necessary. Call Deb at 413-667-5363, or Sharon at 534-9085, to schedule a treatment in your home (home visits are \$40).

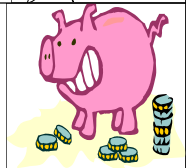
BLOOD PRESSURE CLINICS  
HELD WEEKLY

Each Tuesday from 9:30-10:30 AM, the Amherst Senior Center holds blood pressure screening clinics, **free of charge**.

COA DISCOUNT CARDS CAN SAVE  
YOU MONEY

If you are at least 60 years old and an Amherst resident, you are eligible to obtain a photo COA ID card at the Senior Center. You show this card to area merchants **BEFORE THE SALE IS RUNG UP** and you often get a discount on your purchase.

A new list of merchants participating in the senior discount program is available at the Senior Center. (This was made possible through the great work of Mimi Cary of Pelham.) To make an appointment to obtain your card, contact Nancy Pagano at 259-3114. There is a \$2 charge.



**FEEL FOR FOOD  
COOKING DEMONSTRATIONS**  
(All free, BUT RSVP 259-3060 so we know how many are coming please)  
**Monday, April 10th, 1:30 PM—**  
Janice Denton makes couscous

**Monday, May 22nd, 1:30 PM—**  
Lauren Srey makes white rice with chicken and lemon grass sauce...also learn how to cut pineapple



**AMHERST SENIOR TRAVEL CLUB BUS TRIPS**

Contact Grace Thayer or Nancy Pagano at 259-3060 for further information.

**BOSTON SIGHTSEEING:**

**DATE:** Thursday, April 20, 2006

**LEAVE:** 7 AM **RETURN:** 6:30-7 PM

**COST:** \$57 (bus, trolley, tip)

**NOTES:** We will connect travelers with the Beantown Trolley for the day. You can get on and off at will choosing from twenty stops at over 100 points of interest. Once aboard you can enjoy a two-hour narrated tour +/- or hop on and off at your leisure. Unlimited use. The Beantown Trolley is the only trolley with direct service to the Museum of Fine Arts and the Seaport District.

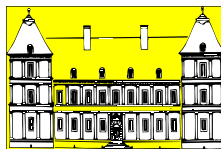
**DAY IN NEWPORT: SHOPPING AND TOUR OF THE ELMS**

**DATE:** Monday, May 8th, 2006

**LEAVE:** 8 AM **RETURN:** 7:30-8 PM

**COST:** \$42 (bus, admission, tip)

**NOTES:** This elegant French-style chateau was the summer residence of Philadelphia coal magnate Edward J. Berwind and sits on a 10-acre parcel which includes an elegantly restored French Classical Sunken Garden. It is a national historical landmark. Some free time or shopping/lunch on your own prior to the tour.

**DAY IN SALEM:**

**DATE:** Tuesday, May 23rd, 2006

**LEAVE:** 8 AM **RETURN:** 7:30-8 PM

**COST:** \$47 (bus, Museum, tip)

**NOTES:** Visit the New Peabody Essex Museum and have a guided tour of its Chinese House. Time on your own for lunch and walking a bit around Salem. The House of Seven Gables and the Salem Witch Museum are nearby for those interested. The new Peabody Essex Museum has undergone a dramatic transformation with over 250,000 square feet of new and reconceived gallery spaces. Relive New England's historic past, and explore the region's connections to the art and culture of Asia, Oceania, Africa, native America, and more—all at one of New England's largest museums.

There is a café and restaurant in the museum and other restaurants within walking distance (or you can brown bag it).

**WANTED:**

I am looking for a volunteer driver with a CDL license for senior van outings. Contact me at 259-3114 for further information. Nancy

**SENIOR TRAVEL CLUB NOTES:** The next business meetings are April 11th & May 9th, at 1:30 PM. Checks for trips should be made out to: "Senior Travel Fund." Please note: All trips leave from the Big Y parking lot at the south end near Bank of America ATM.

**FOSTER'S DOWNEAST CLAMBAKE & L.L. BEAN IN FREEPORT, ME**

**DATE:** Thursday, June 15th, 2006

**LEAVE:** 8 AM **RETURN:** 9:30-10 PM

**COST:** \$68 (clambake, bus, tip)

**NOTES:** About 3 hours in Freeport Village.

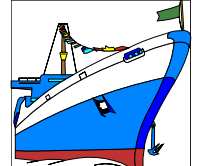
**SPIRIT OF BOSTON LOBSTER BUFFET AND BOSTON HARBOR CRUISE, QUINCY MARKET**

**DATE:** Friday, June 30th, 2006

**LEAVE:** 8 AM **RETURN:** 7 PM approx.

**COST:** \$72 (bus, cruise, buffet, tip)

**NOTES:** Two-hour cruise with entertainment, plus two hours on your own at Quincy Market.

**AMHERST SENIOR TRAVEL CLUB LONG TRIPS****1. VOYAGE OF THE GLACIERS (ALASKA)**

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Double \$3,699; Single \$5,549 Single PP Outside Cabin

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Hubbard Glacier • Icy Strait Point • Skagway • Juneau • Ketchikan •

Inside Passage • Vancouver

**Also Included...**

Van service from Amherst, round trip air from Bradley, hotel transfers, departure taxes and fees of \$96 (subject to increase until paid in full) and Port Charges of \$249

**2. SHADES OF IRELAND**

October 6-15, 2006

10 Days • 13 Meals: 8 Breakfasts, 5 Dinners

Double \$2,579; Single \$3,179

Limerick • Medieval Castle Banquet • Cliffs of Moher • Galway Farm

Visit • Killarney • Jaunting Car Ride\*\* • Ring of Kerry • Blarney Castle

Waterford Crystal • Kilkenny • Castle Stay • Dublin • Irish Night

**Also Included...**

Van service from Amherst, round trip Air from Logan, hotel transfers and departure taxes and fees of \$240 (subject to increase until paid)

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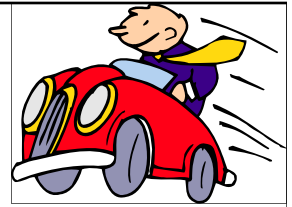
**April 28, 29 and 30 in Northampton!**

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**SPECIAL DRIVER IMPROVEMENT PROGRAM PLANNED TO BEGIN IN JUNE**

Two of the biggest issues facing the aging community are transportation and driver safety. DriveWell, developed by the American Society on Aging and supported by the National Highway Traffic Safety Administration, is a comprehensive program designed to promote community conversations leading to increased driver safety and more transportation choices for adults 55 and older. The Facilitator for this program is Diane Hayden-Hixson, Amherst resident and DriveWell peer trainer through the Gerontology Institute of UMass-Boston.



Advance registration is needed. Students do NOT have to attend all sessions. Seminars will be held on Thursdays from 1:30-3 PM at the Bangs Center in Room 101 starting 6/22. Call 259-3060 to sign up.

**Session I: (6/22) What is the DriveWell Program and Why Was it Developed?** Background information about DriveWell will be provided. This session will explain how Amherst can promote community conversations that can lead to increased mature driver safety and, if needed, secure the funding needed to offer more transportation choices to meet the needs of adults aged 65 and older who no longer drive. Finally, participants will also be asked to provide an anonymous list of the prescribed drugs, "Over the Counter" (OTC) medications and dietary supplements they are currently taking. [Note: Medication lists provided in Session I will be analyzed in Session II.]

**Session II: (6/29) Which Prescribed and OTC Medications Impair Driving Abilities?** This session will explain why and how *polypharmacy* (defined as taking four or more prescribed or OTC medications daily) can impair your safe-driving abilities, increase your risk of falling and/ or pose serious health risks. [FYI: Each year, over 300,000 Americans over the age of 50 die, unnecessarily, because of *polypharmacy*. They die because pharmaceutical companies typically recruit 18-25 year old males for their clinical trials of new drugs being developed to treat medical conditions that predominantly occur in adults over age 50 years.]

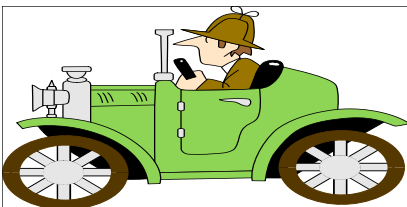
**Session III: (7/6) What Physical Conditions and Diseases Impair Safe-Driving?** This session will examine how arthritis (all 80-100 forms), cataracts, diabetes (especially Type II Diabetes), glaucoma, heart disease, macular degeneration and osteoporosis affect your safe-driving abilities. It will also provide important information about life-style changes that may help you slow or reverse these medical conditions/diseases, and improve your over-all quality of life.

**Session IV: (7/13) What Cognitive Conditions/ Diseases Impair Safe-Driving?** This program will examine the forms of dementia, including Alzheimer's. It will also provide important information about life-style changes and computer-based 'retraining' programs scientifically-proven to slow or reverse aging-associated cognitive medical conditions and diseases. Finally, this program will explain why most **apparent** memory lapses commonly referred to as "senior moments" should be re-labeled as "wisdom moments".

**Session V: (7/20) Given My Age-Related Impairments and Medical Conditions, What Can I Do to Improve My Driving?** This computer-based session will examine the self-assessment tools and 'mature driver education' retraining programs currently available. [Note: Enrollment in this session will be limited. All class participants are required to be computer literate, or to attend one-on-one computer literacy training classes prior to attending this session.]

**Session VI: (7/27) How Do I Maintain My Independence –and- Remain Socially-Connected and Mobile After I Decide to Stop Driving?** This session will examine all important issues related to the difficult and complex issues older drivers face when they decide to stop driving. It will also examine the deleterious psychosocial impacts of driving cessation. Specifically, it will discuss quality of life issues related to the 7-10 years today's and tomorrow's seniors are predicted to "enjoy" after they stop driving. [FYI: If viable community mobility solutions for older adults are not developed and implemented in the very near future, America's Baby Boomers **will** experience a serious mobility crisis as they age.]

**Session VII: (8/3) What Can Amherst Do To Protect the Safe-Driving, Independence and Mobility of its Seniors?** This final session will begin by re-examining all the driving-safety and senior mobility issues raised in the previous sessions. It will conclude by providing participants with the resource and contact lists they require to effect or recommend changes. Finally, participants will be asked to recommend additional educational and 'mature driver rehabilitation/ retraining' programs for Amherst seniors.

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## FROM THE DESK OF MAURA PLANTE — 259-3213

**HOW TO GET THE MOST OUT OF MEDICARE**

Ellen Pothier, RN, Beneficiary Outreach and Mediation Coordinator at Mass PRO, the Medicare Quality Improvement Organization for Massachusetts, will be coming to the Amherst Senior Center on **April 13th, from 1:30-3 PM.**

Ellen is an experienced Registered Nurse and has been a strong patient advocate for many years. She travels to senior centers around Massachusetts to help beneficiaries learn more about the rights and protections that are built into the Medicare program.

Ellen and a team of doctors and nurses at MassPRO, review complaints from Medicare beneficiaries who report concerns about the quality of their medical care. When they find a problem, they work with care providers to improve their services. Ellen will share stories about the power of a complaint to improve the healthcare system.

The MassPRO team also helps beneficiaries by working with them when they appeal a "Medicare Notice of Non-coverage". Medicare beneficiaries have a wide range of appeal rights to appeal coverage decisions in hospitals, nursing homes and home health care.

You're invited to come and learn about how Medicare is changing to meet the needs of beneficiaries. As the Baby Boomers age into Medicare, it is important for them to learn about the rights and protections they will get as Medicare beneficiaries. Sons and daughters of Medicare beneficiaries also need to learn more about Medicare so they can effectively advocate for their aging parents.

Each participant will get an information packet of updated Medicare information. Beneficiaries have the power to improve the Medicare system—but they need to speak up!

**HEALTH PLAN OPTIONS FOR SENIORS**

**On Monday, May 15th, 2006, at 1 PM,** the Amherst Senior Center will host a seminar called "Health Plan Options for Seniors." The presentation, offered by Blue Cross and Blue Shield of Massachusetts, will include an explanation of Medicare, including the new Medicare Part D drug benefit. It will also show how Medigap plans and Medicare Advantage plans work with Medicare. A question and answer session will follow the presentation. All are welcome regardless of insurance coverage.

NOTE: Blue Cross Blue Shield of Massachusetts is holding its Annual Open Enrollment for Medex. This year Medex Open Enrollment will run from February 1 to May 15 for coverage effective date of June 1 (or an enrollee's Medicare effective date).

**OPEN ENROLLMENT FOR PRESCRIPTION ADVANTAGE**

Prescription Advantage, Massachusetts' prescription assistance program for seniors and people with disabilities, is in the midst of an enrollment now through April 28th with coverage starting July 1, 2006. Prescription Advantage is available to all Medicare beneficiaries who are over 65 and whose income is less than \$49,000 if single or \$66,000 for married couples. Prescription Advantage charges no monthly premium for members with incomes less than \$29,400 for singles and \$39,600 for married couples. The best news is that Prescription Advantage may also pay the Medicare Prescription Drug Plan premium for those members with incomes are below \$18,424 for a single individual and \$24,816 for a couple. For eligibility, Medicare beneficiaries must enroll, or be enrolled, in a Medicare Prescription Drug Plan, which will serve as the primary drug insurance. The state program will cover portions of co-payments and those amounts are based on a sliding scale depending on the Prescription Advantage member's income. Applications can be obtained by contacting 1-800-243-4636, press 1 for Prescription Advantage. For assistance with the Prescription Advantage application, call the Senior Center at 259-3060 to schedule an appointment with Maura Plante or Cami Elbow.

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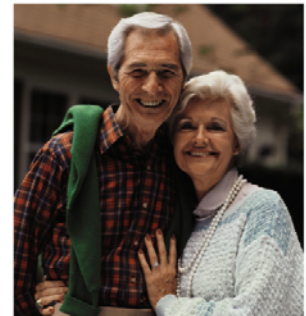
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## FINANCIAL PLANNING

MONTHLY "MONEY TALK" WITH  
HOWARD SINGER

Howard Singer, CFP, a local, fee-only advisor, conducts monthly seminars for the Amherst Senior Center. Howard leads a meeting the second Tuesday of the month at the Bangs Center for soon-to-retire and retired individuals who want the facts, not the fantasy, about money matters.

You are invited to attend Howard's informative meetings, whether you are a first-timer or a long-timer. Some of the topics to be discussed are: cash flow planning, low risk investment strategies, income investments (without commissions), long term health care issues, estate taxes, gifting, strategies, and more. **Tuesdays, April 11th, 2006, and May 9th, 2006, 10:00-11:30 AM.**

JIM BECKER'S FINANCIAL SEMINARS

Each month, Jim Becker, Investment Representative from Edward Jones, cordially invites you to attend his lecture series, which examines different ideas about how you can live better in retirement. Mr. Becker offers free monthly educational seminars focused on enjoying the savings you worked so hard to earn. A continental breakfast is also served. The seminars are held on the 4th Tuesday of each month at 8:30 AM, at the Bangs Community Center. **April 25, 2006:** Jim will discuss the various types of fixed and variable annuities.

**May 23, 2006:** Jim will discuss the advantages and disadvantages of investing in Real Estate Investment Trusts.

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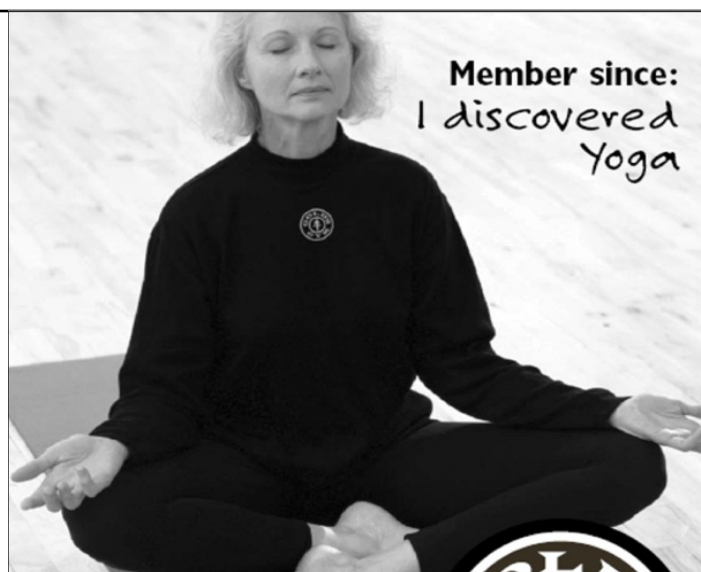
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## Amherst Senior Center Activities April 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>9-1 Tax Assistance</b> 10:30 Keep Fit (St. Brigid's Church) 11 Gentle Fitness 11:45 Lunch 1-2 Grocery Bingo 1-4 SHINE 2-3:30 Short Stories w/ Bob Goar 3-4 Tai Chi	<b>4</b> 9-3 Massage 9:30 Blood Pressure Clinic 9:30 Strength Conditioning 9:30 Keep Fit (St Brigid's) 11:45 Lunch 12:30 Chinese Mah-Jongg 1-2 Folkdance 1-4 Scrabble <b>1:30 "My Favorite Slides" John Green, Jr. Interpretive Naturalist</b>	<b>5</b> 9-11:30 Watercolor Class 9:30 Yoga 9:30 Free Bread Program 9:30-2:30 Nurse 10-11:30 Peace of Mind 11:00-11:30 Gentle Fitness 11:45 Lunch 12-4 Hearing Aid Repair 12:30 Bridge 2-4 New Options 6:30-8 Caregivers Support	<b>6</b> 9 Walking Group at Mall 9-12 Oil Painting Workshop 9:30-2:30 Nurse 10 Shakespeare's MacBeth 11:45 Lunch <b>1 Treehouse Seminar</b> 2-4 Brown Bag	<b>7</b> 8:30 Strength Conditioning 9-12 Craft Club 9-3 Footcare with Debra 9:30 Keep Fit (St. Brigid's) 11:00-11:30 Gentle Fitness 11:45 Lunch 1-4 Mah-Jongg 1:15-3 Computer Lab Help <b>2 Musical Showcase: Shawn Vernon sings</b>
<b>10</b> <b>9-1 Tax Assistance</b> 10:30 Keep Fit (St. Brigid's Church) 11-11:30 Gentle Fitness 11:45 Lunch <b>1:30 Feel For Food</b> 2-3:30 Short Stories w/ Bob Goar 3-4 Tai Chi	<b>11</b> 9-3 Massage 9:30 Blood Pressure Clinic 9:30 Strength Conditioning 9:30 Keep Fit (St Brigid's) 10 Singer/10 SALT Council 11:45 Lunch 12:30 Chinese Mah-Jongg 1-2 Folkdance 1-4 Scrabble 1:30 Senior Travel Club 2 Audio Book Club 2-4 Memoir Writing	<b>12</b> 9-11:30 Watercolor Class 9:30 Yoga 9:30 Free Bread Program 9:30-2:30 Nurse 10-11:30 Peace of Mind 11:00-11:30 Gentle Fitness 11:45 Lunch 12:30 Bridge 2-4 New Options 6:30-8 Caregivers Support	<b>13</b> 9 Walking Group at Mall 9 COA Meeting 9-12 Painting Workshop 9-12 Ear Irrigation 9:30-2:30 Nurse 10 MS Word Computer class w/ Carl Brose 10 Shakespeare's MacBeth <b>11-6 "In Safe Hands" at Amherst Police Dept.</b> 11:45 Lunch <b>1:30-3 "How to Get the Most out of Medicare"</b>	<b>14</b> 8:30 Strength Conditioning 9-12 Craft Club Workshop 9-3 Footcare w/ Debra 9:30 Keep Fit (St. Brigid's) 11-11:30 Gentle Fitness 11:45 Lunch 1-4 Mah-Jongg 1:15-3 Computer Lab Help
<b>17</b> <b>PATRIOTS DAY</b> 	<b>18</b> 9-3 Massage 9:30-10:30 BP Clinic 9:30 Strength Conditioning 9:30 Keep Fit (St Brigid's) 11:45 Lunch 12-4 Hearing Aid Repair 12:30 Chinese Mah-Jongg 1-2 Folkdance 1-4 Scrabble	<b>19</b> 9-11:30 Watercolor Class 9:30 Yoga 9:30 Free Bread Program 9:30-2:30 Nurse 10-11:30 Peace of Mind 11-11:30 Gentle Fitness 11:45 Lunch 12:30 Bridge 1:30 Boxes of Food 2-4 New Options 6:30-8 Caregivers Support	<b>20</b> <b>7 Boston Trip departure</b> 9 Walking Group 9-12 Painting Workshop 9:30-2:30 Nurse 10 MS Word Computer class w/ Carl Brose 10 Shakespeare's MacBeth 11:45 Lunch	<b>21</b> 8:30 Strength Conditioning 9-12 Craft Club 9:30-1:30 Footcare w/ Sharon 9:30 Keep Fit (St. Brigid's) 11 Gentle Fitness 11:45 Lunch 1-4 Mah-Jongg 1:15-3 Computer Lab Help <b>2 Musical Showcase</b>
<b>24</b> <b>San Antonio trip departure</b> 10:30 Keep Fit (St. Brigid's Church) 11-11:30 Gentle Fitness 11:45 Lunch 1-4 SHINE 2-3:30 Short Stories w/ Bob Goar 3-4 Tai Chi	<b>25</b> 8:30 Jim Becker Seminar 9-3 Massage 9:30-10:30 BP Clinic 9:30 Strength Conditioning 9:30 Keep Fit (St Brigid's) <b>10:30 Hoarding Seminar</b> 11:45 Lunch 12:30 Chinese Mah-Jongg 1-2 Folkdance 1-4 Scrabble 2-4 Memoir Writing	<b>26</b> 9-11:30 Watercolor Class 9:30 Yoga 9:30-2:30 Nurse 9:30 Free Bread Program 10-11:30 Peace of Mind 11:00-11:30 Gentle Fitness 11:45 Lunch 12:30 Bridge 2-4 New Options 6:30-8 Caregivers Support <b>6:45 Children of Uganda show at UMass departure</b>	<b>27</b> 9 Walking Group 9-12 Painting Workshop 9:30-2:30 Nurse 10-11:45 Shakespeare's MacBeth 10 MS Word Computer class w/ Carl Brose 11:45 Lunch <b>12:30 Understanding Islam Course departure</b>	<b>28</b> 8:30 Strength Conditioning 9-12 Craft Club 9:30-1:30 Footcare w/ Sharon 9:30 Keep Fit (St. Brigid's) 11 Gentle Fitness 11:45 Lunch 1-4 Mah-Jongg 1:15-3 Computer Lab Help
<u>E.V.E.R. (Elder Village/Ecological Residence)</u> EVER Village Ecological Residence next meeting will be a talk and tour at the Pulpit Hill Co-Housing on Saturday, April 29th, at 2 PM. Please call Paula LeKites at 256-0837 for address.				Printer's space

## Amherst Senior Center Activities May 2006

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:30 Keep Fit (St. Brigid's Church) 11 Gentle Fitness 11:45 Lunch 1-2 Grocery Bingo 1-4 SHINE 2-3:30 Short Stories w/ Bob Goar 3-4 Tai Chi	<b>2</b> 9-3 Massage 9:30 Strength Conditioning 9:30-10:30 BP Clinic 9:30 Keep Fit (St. Brigid's Church) 11:45 Lunch 12:30 Chinese Mah-Jongg 1-2 Folkdance 1-4 Scrabble games 2 Audio Book Group	<b>3</b> 9-11:30 Watercolor 9:30-10:45 Yoga 9:30 Free Bread Program 9:30-2:30 Nurse 10-11:30 Peace of Mind 11-11:30 Gentle Fitness 11:45 Lunch 12-4 Hearing Aid Repair 12:30 Bridge 2-4 New Options	<b>4</b> 9 Walking Group 9-12 Painting Workshop 9:30-2:30 Nurse 10-11 MS Computer w/ Carl Brose 11:45 Lunch 2-4 Brown Bag	<b>5</b> 8:30 Strength Conditioning 9-12 Craft Club 9-3 Foot care w/Debra 9:30 Keep Fit (St. Brigid's Church) 11-11:30 Gentle Fitness 11:45 Lunch 1:15-3 Computer Lab Help <b>2 Musical Showcase:</b> <b>Lloyd Craighill's Three Musical Setting for Emily Dickinson</b>
<b>8</b> <b>8 Newport Trip departs</b> 10:30 Keep Fit (St. Brigid's Church) 11 Gentle Fitness 11:45 Lunch 1-4 SHINE 2-3:30 Short Stories w/ Bob Goar 3-4 Tai Chi	<b>9</b> 9-3 Massage 9:30 Strength Conditioning 9:30-10:30 BP Clinic 9:30 Keep Fit (St. Brigid's Church) 10 Singer Seminar 10 SALT at APD 11:45 Lunch 12:30 Chinese Mah-Jongg 1-2 Folkdance 1-4 Scrabble games 1:30 Senior Travel Club 2-4 Memoir Writing	<b>10</b> 9-11:30 Watercolor Class 9:30-10:45 Yoga 9:30 Free Bread Program 9:30-2:30 Nurse 10-11:30 Peace of Mind 11-11:30 Gentle Fitness 11:45 Lunch 12:30 Bridge 2-4 New Options	<b>11</b> 9 Walking Group 9 COA Meeting 9-12 Ear Irrigation 9-12 Painting Workshop 9:30-2:30 Nurse 10-11 Computer w/Carl Brose 11:45 Lunch	<b>12</b> 8:30 Strength Conditioning 9-12 Craft Club 9-3 Foot care w/ Debra 9:30 Keep Fit (St. Brigid's Church) 11-11:30 Gentle Fitness 11:45 Lunch 1:15-3 Computer Lab Help
<b>15</b> 10:30 Keep Fit (St. Brigid's Church) 11 Gentle Fitness 11:45 Lunch <b>1-2:30 Health Plan Options for Seniors</b> 3-4 Tai Chi	<b>16</b> 9-3 Massage 9:30 Strength Conditioning 9:30-10:30 BP Clinic 9:30 Keep Fit (St. Brigid's Church) 11:45 Lunch 12:30 Chinese Mah-Jongg 1-2 Folkdance 1-4 Scrabble games <b>1:30 "Walking with ghosts" Lisa Trahan Auto-biographical memoir</b>	<b>17</b> 9-11:30 Watercolor Class 9:30-10:45 Yoga 9:30 Free Bread Program 9:30-2:30 Nurse 10-11:30 Peace of Mind 11-11:30 Gentle Fitness 11:45 Lunch 12-4 Hearing Aid Repair 12:30 Bridge 1:30 Boxes of Food 2-4 New Options 6:30-8 Caregivers Support	<b>18</b> <b>9-3 Senior Ctr. Community Tag Sale</b> 9 Walking Group 9-12 Painting Workshop 9:30-2:30 Nurse 11:45 Lunch	<b>19</b> 8:30 Strength Conditioning 9-12 Craft Club 9:30-1:30 Foot care w/ Sharon 9:30 Keep Fit (St. Brigid's Church) 11-11:30 Gentle Fitness 11:45 Lunch <b>2 Musical Showcase:</b> <b>Elca Maranzana, Berkshire Hills Music Academy Student sings</b>
<b>22</b> 10:30 Keep Fit (St. Brigid's Church) 11 Gentle Fitness 11:45 Lunch 1-4 SHINE <b>1:30 Feel For Food</b> 3-4 Tai Chi	<b>23 8 Salem Trip Departs</b> 8:30-10 Jim Becker 9-3 Massage 9:30 Strength Conditioning 9:30-10:30 BP Clinic 9:30 Keep Fit (St. Brigid's Church) 11:45 Lunch 12:30 Chinese Mah-Jongg 1-2 Folkdance 1-4 Scrabble <b>2-4 Memoir Writing</b>	<b>24</b> 9-11:30 Watercolor Class 9:30-10:45 Yoga 9:30 Free Bread Program 9:30-2:30 Nurse 10-11:30 Peace of Mind 11-11:30 Gentle Fitness 11:45 Lunch 12:30 Bridge 2-4 New Options 6:30-8 Caregivers Support	<b>25</b> 9 Walking Group 9-12 Painting Workshop 9:30-2:30 Nurse <b>9:45 departure for Look Park Keep Moving Walk</b> 11:45 Lunch	<b>26</b> 8:30 Strength Conditioning 9-12 Craft Club 9:30-1:30 Foot care w/ Sharon 9:30 Keep Fit (St. Brigid's Church) 11-11:30 Gentle Fitness 11:45 Lunch
<b>29</b> <b>MEMORIAL DAY</b> 	<b>30</b> 9-3 Massage 9:30 Strength Conditioning 9:30-10:30 BP Clinic 9:30 Keep Fit (St. Brigid's Church) 11:45 Lunch 12:30 Chinese Mah-Jongg 1-2 Folkdance 1-4 Scrabble	<b>31</b> 9:30-10:45 Yoga 9:30 Free Bread Program 9:30-2:30 Nurse 10-11:30 Peace of Mind 11-11:30 Gentle Fitness 11:45 Lunch 12:30 Bridge 2-4 New Options 6:30-8 Caregivers Support		<b>Gold's Gym</b> has a part-time paid position for a baby sitter Mon.-Fri. from 9 AM -12 noon. Also Sat. 9-12. They are especially interested in having retired people apply. Gold's Gym is not a licensed child care facility. Call Megan Earle, General Mgr. at Gold's Gym, at 413-549-6565.

## FOR YOUR INFORMATION

THE DO NOT CALL REGISTRYWhat is the Do Not Call Registry?

- A free way for consumers to register their phone numbers to prohibit certain telephone solicitations.
- A way for solicitors to receive a list of consumers who do not wish to be contacted.
- The first DO NOT CALL Registry will be effective April 1, 2003 and will be updated quarterly. It may take up to 90 days after you sign up for the calls to stop.
- Consumer information is collected and maintained by the office of Consumer Affairs & Business Regulation. All information is private and secure.
- To learn about additional steps to reduce other calls, junkmail, and email spam, visit:

[www.mass.gov/consumer/pubs/stopjunk.htm](http://www.mass.gov/consumer/pubs/stopjunk.htm)

How do I sign up?

There are 3 ways to sign up:

1. Online: [www.mass.gov/donotcall](http://www.mass.gov/donotcall)
2. Toll Free Call: 1-866-231-CALL
3. U.S. Mail: MA Do Not Call Program  
P. O. Box 1348, Boston, MA 02117



You may still receive certain phone calls, including:

- Noncommercial polls or surveys,
- Calls made by tax-exempt, non-profit organizations, e.g. universities and some charities,
- Sales calls to an existing customer,
- Sales calls made to consumers with their prior, express written or verbal permission,
- Sales calls up to 90 days after consumers sign up,
- Sales calls made primarily in connection with an existing contract or debt,
- Calls made to consumers in response to a visit to that company's fixed commercial location, or
- Sales calls when a face-to-face meeting is required prior to the sale.

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Email—[anh@cecaa.com](mailto:anh@cecaa.com)

## COMMUNITY NOTICES

DAKIN ANIMAL SHELTER WISH LIST!

- Clay cat litter, first class stamps, gift cards to grocery stores, Staples, Target or Walmart, KMR Kitten Formula (can or powder), Greenies dog treats in large, bleach, copy paper (white & bright colors), Flutterballs cat toys by Smartykat, Advantage or Revolution flea treatments, shoeboxes.
  - Big Wishes: LCD projector, Microscope, Van
- The Dakin Animal Shelter thanks all who can help with their wish list. For more information call 548-9898 or visit [www.dakinshelter.org](http://www.dakinshelter.org)

SENIORS WITH PETS—Thurs., 4/20, 11 AM, BANGS

To discuss the future of pets after we are no longer there to care for them; to share ideas; to compile + maintain a database of over 60s people with pets and potential homes and resources for finding homes, more. RSVP—Batya Bauman 256-8229.

WHY BE A GIRL SCOUT VOLUNTEER?

Girl Scout Councils are eager for your services. You may be a leader with direct contact with girls or if your schedule is too busy you may work behind the scenes arranging trips, supervising cookie sales, or do public relations work, membership support or even bookkeeping.

For more information, please contact Shirlee Hartley at the girl Scouts of Western Mass, 413-584-2602 or 800-462-9100, ext 21, or email at [shartley@gswma.org](mailto:shartley@gswma.org).

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